

# Shrimp and Roasted Corn Chowder

## Nutrition Facts

Serving Size 16 oz (453.6g)

Servings Per Container 1

Amount Per Serving

**Calories** 499 **Calories From Fat** 288

		% Daily Value*
<b>Total Fat</b>	32g	49%
Saturated Fat	16g	79%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	140mg	47%
<b>Sodium</b>	1,179mg	49%
<b>Total Carbohydrate</b>	44g	15%
Dietary Fiber	4g	16%
Sugars	10g	

**Protein** 14g

Vitamin A 40% ● Vitamin C 70%

Calcium 12% ● Iron 13%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**Ingredients:** Roasted Shrimp and Corn Bisque (Water, Light Cream, Potatoes [Water, Sodium Pyrophosphate], Onions, Corn, Shrimp, Red Bell Peppers, Roasted Corn, Sugar, Butter [Cream, Salt], Modified Corn Starch, Flour [Wheat Flour, Malted Barley Flour], Soybean Oil, Roast Flavor [Sunflower Oil, Natural Flavor], Salt, Shrimp Flavor [Shrimp, Salt, Codfish], Garlic in Oil [Garlic, Soybean Oil, Phosphoric Acid], Spices).

**Allergy Information:** Milk, Fish, Crustacean Shellfish, Wheat, Soybeans